

APRIL 2020



# LAKE ROLAND

## MONTHLY NEWSLETTER

1000 Lakeside Drive, Baltimore, MD, 21210

### Upcoming Events

#### Updates and Recommendations on COVID-19

COVID-19 (Corona Virus Disease 2019) currently has no vaccine and is mainly spread through close human contact. The best way to help stop its spread is through social isolation and distancing. Try to avoid going out if you can, or if you can't, attempt to keep 6ft of distance between yourself and others. Avoid touching your eyes, nose, and mouth with your hands and be sure to wash your hands regularly. Disinfect items that are frequently touched in your household (i.e. door knobs, light switches, counter tops, phones, and faucets). If you're feeling sick, go to the doctors as soon as you can. For more information please visit the Center for Disease Control's website at [cdc.gov](https://www.cdc.gov).

To assist in keeping staff, volunteers, participants, and residents safe, and minimize the spread of the COVID-19 Virus, the Department of Recreation and Parks has closed all Nature Centers, dog parks, playgrounds, skate parks, comfort stations and portable toilets until further notice. At this moment, Lake Roland's trails, boardwalks, and paved walkways will remain open to the public for hiking, fishing, kayaking, biking, and other recreational activities that do not require the use of our public facilities. Please continue to monitor the County's web page at [baltimorecountymd.gov](https://baltimorecountymd.gov) for any updates or changes.

### What to Look For in April!

#### Redbuds Blossoming

At just 25ft tall redbuds aren't the tallest trees in the forest. Their bright red flowers early in the year make them stand out in the brown and green forest. Red Buds have heart shaped leaves and a cluster of small, red flowers. They are technically legumes, so eventually their flowers will turn into pods. They are also a nitrogen fixing plant. With the help of special nodes on their roots and bacteria in the dirt redbuds can convert nitrogen in the air into a usable form in the soil.

#### Lesser Celandine: Less is Just Fine

With brilliant yellow flowers and a leaf base that helps create complete ground cover, lesser celandine can be a beautiful plant that transforms a drab, brown understory into a field of gold and green. Unfortunately, this ephemeral is an invasive, and can choke out native flowers like bluebells and bloodroot. Although it is hard to eliminate due to its pervasiveness, it only lasts about 2 months before it withers back and dies, allowing the native plants to take hold.

#### Virginia Bluebells

Despite the name these wonderful little flowers are native to the floodplains of Maryland as well. Starting out as bright pink buds these flowers will erupt into a sky-blue when in full bloom by mid-April. They are pollinated by both bees and butterflies and will often have albino flowers within a population.

# Instagram Highlight



Thank you to everyone mentioning us or tagging us in photos from Lake Roland. We love to see how the community enjoys the park!

This month's photo comes from @sewtheday Pictured are three recently laid Finch eggs. Is there a better signal of spring?

Please continue to share your park experience on instagram.

*Follow us on Instagram @lake\_roland for program information, park updates, daily activities, and more.*

*Tag us in your own posts from the park for a chance to be featured in next months newsletter!*



## Staff Spotlight

### Meet Joshua!

Joshua is a student at Kennedy Krieger High School. He lives in Baltimore City and greatly enjoys volunteering at the Lake Roland Nature Center where he helps staff take care of the Animal Ambassadors.

Joshua especially loves getting to feed the turtles and the fish. When not at the park, Joshua loves Legos, caring for animals, and is an enthusiastic learner of all things! He has a pet corn snake named Skolidor (named for the leader of the Constrictai Tribewhich is one of the Serpentine/snake Tribes in Lego Ninjago!). Joshua hopes to work in animal care and sell Lego sets in the future.



## Lake Roland Wish List

*If you are able to, Lake Roland will gladly accept donations of any of these items!*

Newspaper  
Crayons  
Colored Pencils  
Construction Paper  
Markers  
Acrylic Craft Paints  
Milk Jugs  
Toilet Paper Tubes

*Links to our Amazon Wish List and Amazon Smile Account can be accessed by selecting the Donate to Lake Roland tab on our website at [LakeRoland.org](http://LakeRoland.org) or by clicking the links at the bottom. AmazonSmile is a nonprofit division of Amazon that will donate 0.5% of the purchase price of eligible products to the Lake Roland Nature Council. It is a safe and secure way support the park without any cost to you.*

[Amazon Wish List](#)  
[AmazonSmile Account](#)



LAKE ROLAND  
NATURE COUNCIL





## *Having Fun in the Home*

Maryland is trying to stem the spread of COVID-19 by implementing quarantine directives and practicing social distancing and isolation (for more information please visit the county's website at [baltimorecountymd.gov](http://baltimorecountymd.gov)). Doing our part means staying at home unless it is absolutely necessary to go out, which also means that we are all spending a lot more time at home than we may have before. To help you pass the time the staff here at Lake Roland has created a small list of activities that we've enjoyed during this trying time.

**Drawful** - A computer game that your friends and family can join into through their smart phones. Players are given a prompt that they'll have to do their best to draw. Next, players will create their own captions for the drawn pictures and everyone will have to guess what the original prompt for the drawing was. The game is free to download through Steam on the computer and has a family friendly option.

**Building Forts** - A great way to access a child's imagination is to build a fort and create a story to go with it! Is it a castle under attack by a dragon? A submarine 20,000 leagues under the sea? A spaceship flying among the stars? The only limit is what you can think of. Pillows, blankets, and cardboard boxes all make for good fort-building materials. You can also draw pictures to hang both inside and outside of the fort for extra effect!

**Gardening** - Now is the time to start planting seeds if you want to have a good harvest this year! Many seeds can be ordered online to limit your risk of outside exposure. Start tilling the soil and spacing out seeds today! Don't have a backyard for a garden? Window sill boxes can make for an excellent harvest of some small veggies or a beautiful assortment of flowers!

**Video Chat Events with Friends and Family** - Thanks to the advent of the 21st century we can still hang out with our loved ones from miles away via video chatting. There are several apps and programs available so take some time to explore what your options may be. Through video chat, you can coordinate dinners, game nights, jam sessions, karaoke, or even watch a movie together in real time!

**Get Household Chores or Projects Done** - We all have projects or household chores that we've been putting off. What better time to finally get it done than now? Recently, I reorganized my living space and I love the better sense of flow I have in my mornings. One of our staff members finally repainted a wall that they had been meaning to redo for months.

**Walking or Running** - We want to emphasize that you should be staying home as much as possible. However, a little outside time with exercise can be a good thing. A quick walk or jog around the neighborhood can keep you active and release those endorphins. Just a reminder though, practice a safe social distance of 6 feet and try to run on your own if you can.

**Yoga** - A great way to get a little bit of exercise and stretching without the need for a ton of (or any) equipment is yoga. There are hundreds of instructional yoga videos available online to suit everyone from the first timer to the yoga pro. Not just a physical activity, yoga is also great opportunity for meditation, self reflection, and mindfulness. Whether you use it to start your day or to end it, yoga can be an amazing addition to a daily routine.



## *If You Can't Go Outside in Nature, Bring Nature Inside With You!*

While you can still go on hikes, runs, or bike rides at many parks in Baltimore County (including Lake Roland) it is important to remember to limit your time outside. Unfortunately, this means spending less time out in nature. One way that we here at Lake Roland like to experience nature when we can't be outside is to watch nature films! Breathtaking shots, amazing ecosystems, and astounding facts are more accessible now than ever and right from your own home! Below, we've listed some of our favorite documentaries and shows that are available on a variety of streaming services.

Netflix	Hulu	Disney+	Amazon Prime	Youtube
-Untamed Romania	-Jane	-America's National Parks	-Planet Earth	-David Attenborough And The Giant Elephant
-Our Planet	-Shark Week	-Kingdom of the White Wolf	-Into the Forests	-Incredible Insects   Nature Documentary 2018
-The National Parks: America's Best Idea	-Survivorman		-Wild Switzerland	

## Identification Station: Learn What's Around You!

### *Morel of the Understory*

One of the first mushrooms to grow in spring is also a prized edible: the Morel Mushroom. Reaching 4 inches in height and ranging in color from pale cream to black these seasonal delicacies are hollow, "sac" mushrooms and sport pitted, sponge-like caps. They typically grow on forest edges where you might find elm, ash, tulip, aspen, and oak trees. They do have a toxic imitator though, the false morel, which have more of a brain-like appearance and are not hollow. These mushrooms are fun to find but Lake Roland would like to remind you that we do not allow any foraging in the park. So please look, but don't pick!



## Join Lake Roland!

We rely on membership fees and donations to fund the Lake Roland Nature Council's efforts and projects in the park. Every dollar of your membership goes to support those efforts.

Please join us in supporting Lake Roland.

*To become a member:* Visit us at [lakeroland.org](http://lakeroland.org) - Join Lake Roland

*For any questions and/or concerns:* Please contact us by email at [LakeRol-RP@BaltimoreCountyMD.gov](mailto:LakeRol-RP@BaltimoreCountyMD.gov) or by phone at 410-887-4156.

